

Uncle Wiggily and the Magic Bottles

By HOWARD R. GARIS.

Look for this signature

Kellogg's

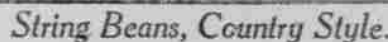
Krumbles

**All Wheat
Ready to Eat**

THE ORIGINAL HAS THE SIGNATURE
Wm. Kellogg

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From The Herald of this
Date, 1903.

By **CONSTANCE CLARKE**

Kathleen Kirkham is engaged to

By DAISY DEAN.

ppent, Va-

DEAR MR. KABIBBLE,
TWENTY YEARS AGO I TOLD
MY HUSBAND TO WAIT FOR ME
ON THE CORNER OF 12TH AND
HALSTED STREET AND I HAVEN'
SEEN HIM SINCE - WHY DO YOU

By DWIC

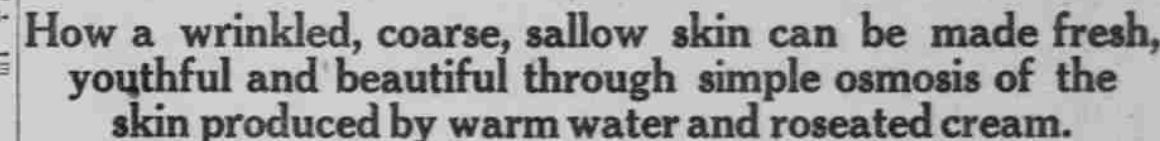
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The way of a
man with a maid

ROSEATED

in many instances



By Mlle. Simone Mareix, France's
Greatest Ballet Dancer

Beauty Chats

Reducing

SEVERAL readers have requested a list of foods with their calorie values. We have shopped the

on Diet.

How to Make Skin White and Beautiful

Reduction Diet.

The average man requires 3500 calories of nourishment a day, the average woman, 2000. Thin people should eat more, and fat people, less than this amount.

Questions and Answers.

Worried—Fat legs often go with the undeveloped girl. If you will take plenty of exercises, especially

Juice of Lemons! How to Make Skin White and Beautiful

At the cost of a small jar of ordinary cold cream one can prepare a full quartet pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of six lemons, adding one ounce of glycerine, and straining three ounces of orchard white. There should be taken to strain the lemon pulp first. The first time the lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is the best skin softener, and it does so, it diminishes as freckles, sallowness and blemishes, and is the ideal skin softener, and the best skin softener.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and mix them together and strain through a muslin cloth. The result is a very fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is naturally helpful to the whitened, softer, finer and smoother skin. It is the roses and beauty of any skin. It is truly marvelous to smoothen rough

GAS IN THE STOMACH IS DANGEROUS

**Recommends Daily Use of Magnesia
To Overcome Trouble Caused
by Fermenting Food and
Acid Indigestion.**

Gas and wind in the stomach accompanied by that full bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the deli-

cate lining of the stomach often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a few ounces of Bisulfated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This will drive the gas, wind and bloot right out of the body, sweet-

en the stomach, neutralize the excess acid and prevent its formation and there is no sourness or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach. Inexpensive, to take and the best form of magnesia for stomach purposes. It is used by thousands of people who en-

Don't Neglect
your stomach. Keep it strong

and well. When food disagrees with it, strengthen it with

BEECHAM'S

PILLS
Largest Sale of Any Medicine in the World.
Sold everywhere. In boxes, 10s., 25s.

Eczema Wash

A touch of D. D. D. to any eczema sore or itching eruption and you'll be able to rest and sleep once more. Think—just a touch! Is it worth trying? Get a trial bottle today.

50c, 50c and \$1.00. Your money back if the first bottle does not relieve you.

D. D. D.

Kelly & Pollard, Druggists.

FOR THROAT AND LUNGS
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Alternative

Alternative